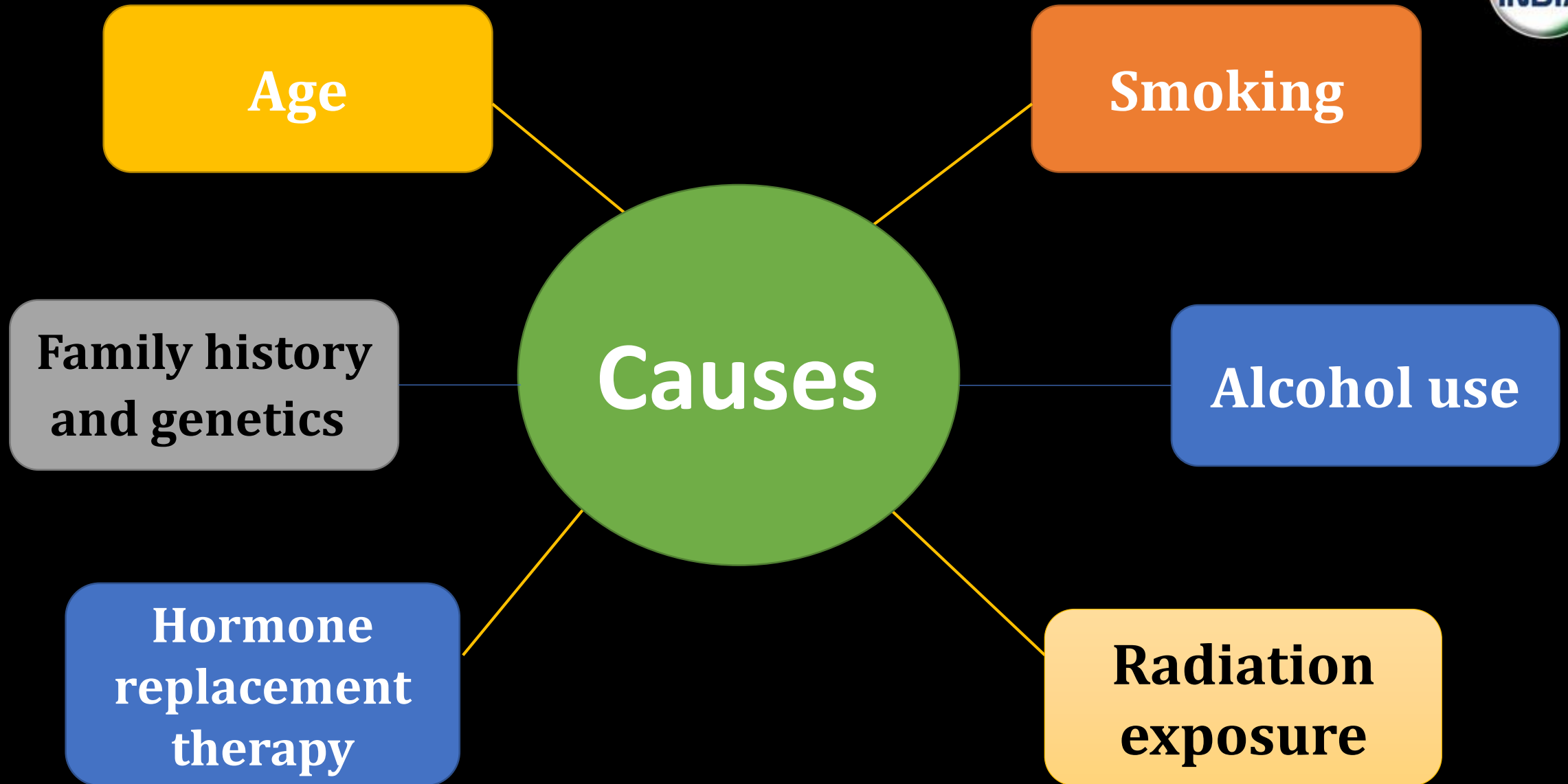


BREAST CANCER



**कारण और
उपचार
जानिए पूरी
जानकारी**

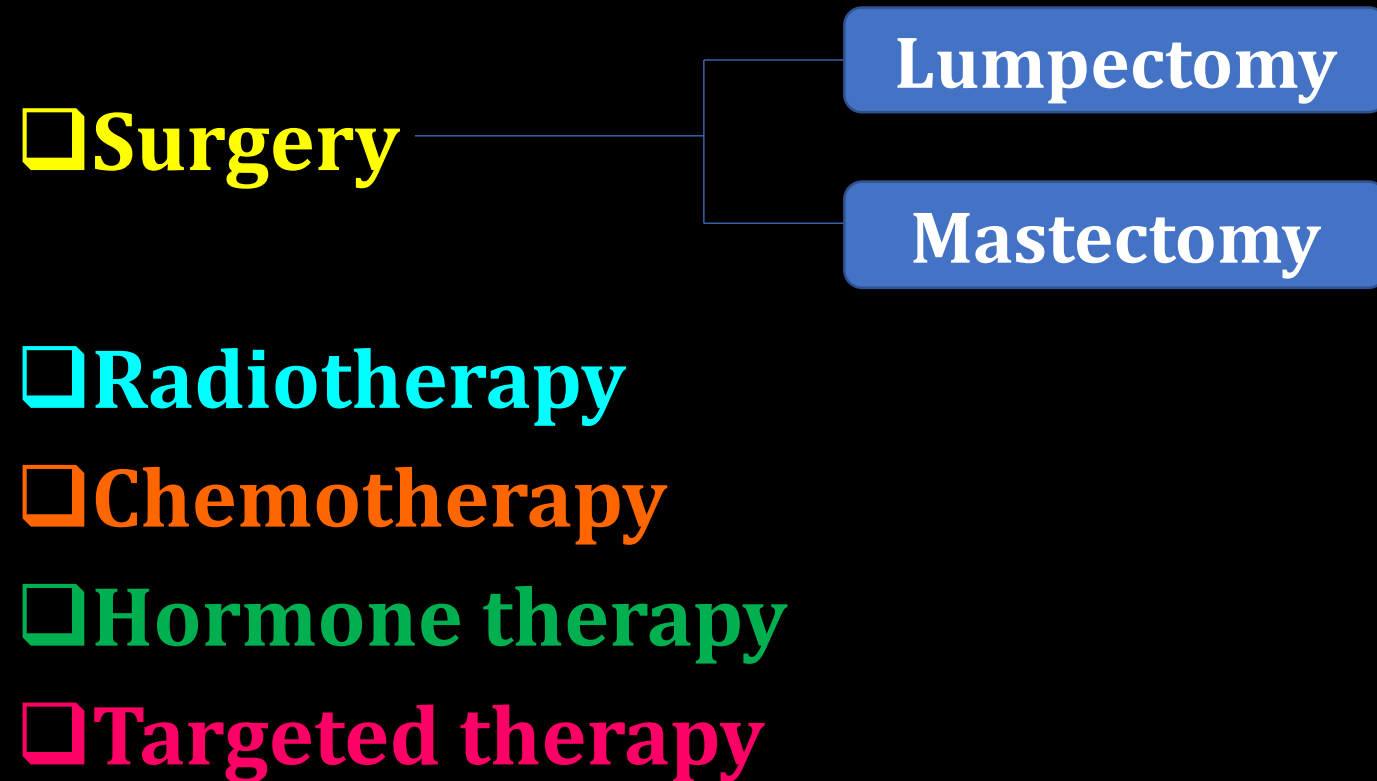


SYMPTOMS



- ❖ New lump in the breast or armpit
- ❖ Thickening or swelling of part of the breast
- ❖ Irritation or dimpling of breast skin
- ❖ Redness or flaky skin in the nipple area or the breast
- ❖ Pulling in of the nipple or pain in the nipple area
- ❖ Nipple discharge other than breast milk, including blood
- ❖ Any change in the size or the shape of the breast
- ❖ Pain in any area of the breast

TREATMENT



PRECAUTIONS



- **Limit alcohol**
- **Maintain a healthy weight**
- **Be physically active**
- **Eat more fruit, vegetables, and whole grains**
- **Quit smoking**
- **Breastfeeding**
- **Avoid Birth Control Pills, Particularly After Age 35**



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सम्पूर्ण जानकारी



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